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NEW RECIPE

Pad Thai

RICE NOODLES & VEGETABLES, COATED IN A TANGY PEANUT PAD THAI SAUCE

READY IN 7 MINS (1000W) | GOOD SOURCE OF FIBRE | AUSTRALIAN MADE

3 HEALTH STAR RATING

NO Artificial Colours & Flavours

Made in Australia from at least 55% Australian ingredients

V VEGETARIAN

serving suggestion

375g

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READY IN **7 MINS (1000W)** | **GOOD SOURCE OF FIBRE** | **AUSTRALIAN MADE**

HOW TO COOK

MICROWAVE COOK FROM FROZEN. PRODUCT MUST BE FULLY COOKED PRIOR TO CONSUMPTION.

1. Remove meal from carton. Pierce film in several places.
2. Cook in microwave for the recommended time.
3. Allow to stand for 2 minutes before serving.

COOKING TIMES

Wattage	Power	Time
800W	HIGH	9 minutes
1000W	HIGH	7 minutes

Note: Cooking temperatures and times are provided as a guide. Microwaves will vary between brands.

CAUTION: **PRODUCT WILL BE HOT. TAKE CARE WHEN HANDLING.**

NUTRITION INFORMATION

Servings per package: 1

Serving size: 375g

	Avg. Quantity per Serving	Avg. Quantity per 100g
Energy	1490kJ (357Cal)	398kJ (95Cal)
Protein	LESS THAN 1g	LESS THAN 1g
Fat, total	11.3g	3.0g
- saturated	3.4g	LESS THAN 1g
- trans	LESS THAN 1g	LESS THAN 1g
Carbohydrate	59.6g	15.9g
- sugars	15.0g	4.0g
Dietary Fibre, total	6.0g	1.6g
Sodium	1363mg	364mg

Note: These values relate to uncooked product.

INGREDIENTS: Noodle and Vegetable Mix (55%) [Cooked Rice Noodles (60%) (Water, Rice Noodle (Rice Flour, Water)), Carrot (18%), Water, Red Capsicum, Scrambled Egg (3%) (Free Range Australian **Egg**, **Milk**, Natural Colour (160b)), Spinach (3%), Spring Onion, Sugar, Coriander, Canola Oil, Thickener (1422), Soy Sauce (**Soy**, **Wheat**), Tomato Paste, Garlic Purée, Coconut Milk Powder (**Milk**), Salt, Vinegar, Tamarind, Yeast Extracts, Chilli Paste, Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Fennel, Garlic Powder, Lemongrass, Natural Colour (160c), Natural Lemon Flavouring], Pad Thai Sauce (43%) [Water, Red Capsicum (7%), **Peanut** (6%), Sugar, Thickener (1422), Soy Sauce (**Soy**, **Wheat**), Tomato Paste, Garlic Purée, Coconut Powder (**Milk**), Coriander, Salt, Vinegar, Tamarind, Yeast Extracts, Chilli Paste, Curry Powder (Coriander, Turmeric, Fennel, Pepper, Cumin, Chilli, Fenugreek, Garlic, Ginger, Salt), Fennel, Garlic Powder, Lemongrass, Natural Colour (160c), Natural Lemon Flavouring], Spring Onion.

ALLERGY ADVICE

Contains wheat, gluten, egg, milk, peanut, soy.
May be present: cashew.

STORAGE

Keep frozen. Store at or below minus 18°C.

Made in Australia from Australian and imported ingredients

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800 Toorak Road, Hawthorn East, Vic 3123.

CUSTOMER CARE

Call 1800 061 562 www.coles.com.au

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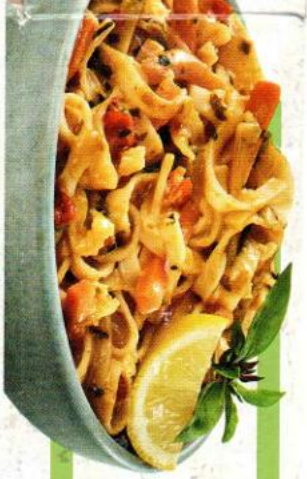

serving suggestion

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